

NATIONAL CELL OFF DAY SEPTEMBER 28, 2012



Department of Health & Human Services

DHHS
N E B R A S K A

Take the Cell Off Day Pledge on September 28, 2012!

Drive with your cell phone turned off, start the habit.

Did you know?

-Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds, the equivalent-at 55 mph-of driving the length of an entire football field, blind.

-Driving while using a cell phone reduces the amount of brain activity associated with driving by 37%.

Source: www.distraction.gov

*Make the pledge with your teenage driver as well to not text or talk on the phone while driving. A teen driver is more likely than any other age group to be involved in a fatal crash where distracted driving is reported.

To take the parent/teen pledge go to
<http://www.distraction.gov/content/get-involved/parents.html>.

